



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name
Douglas County Nutrition Coalition

Contact Information

Main Contact Person Mary Mahan or Grace Gee
Title of Main Contact WIC Director or UW Extension FNEP Coordinator
Agency Affiliation of Contact WIC -Douglas County
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Program Information

Type of Program Coalition
Year Coalition was Formed 2001
Primary program focus Both Physical Activity & Nutrition
Region Western
County Douglas
Coalition Web Site Address n/a

Program Information

Represented Groups on Coalition Community Health Care Health Dept Schools UW-EX WIC	Represented Professions on Coalition Dietitian Nurse Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

Development of Douglas County Nutrition Coalition Newsletter

Intervention Information

Type of Intervention: Physical Activity & Nutrition Resource
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: White, Both genders All ages
Total Population in Area Served: The population of Douglas County is approx. 40,000.
Number of Participants: Approximately 10-20,000 as they go home with all school age children
Implementation Status: Two times per year.

Partners:

We partnered with Duluth-Superior Metropolitan Interstate Council in October, 2004 with a Walk to School Day. We provided the nutrition and physical activity component for Superior Safe Routes to School with a Senior Planner.

Unique Funding:

Evaluation:

Units Provided annually

Evidence-Based or Best Practice based on

We have found that people enjoy the newsletters at health fairs and by putting our names on it we are able to be more accessible for talks or presentations in the community.

Products Developed or Materials Used:

We were using Nutrition Matters, Inc. newsletters and also developing our own articles for the newsletter.

Intervention Description:

The purpose of this intervention was two fold. Number one, we wanted to provide accurate nutrition and physical activity to our community and two, we put the names of coalition members on the newsletter if people have further questions.

A Wisconsin Nutrition and Physical Activity Intervention



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Intervention Name

Co-sponsor of 1st Annual Obesity Conference

Intervention Information

Type of Intervention:
Physical Activity & Nutrition Event
Focus Area:
General Physical Activity & Nutrition
Intervention Site or Setting:
Community
Scope of Intervention:
Regional
Target Audience:
All races, genders and ages
Total Population in Area Served:
About 300 people attended a community event to start a Twin Ports Healthy Lifestyles Coalition which would involve more partners than just Douglas County and current members of our coalition.
Number of Participants:
About 300 in 2004 and about 150 for 2005
Implementation Status:
The plan is to be ongoing.

Partners:

Our partners increased to include parish nurses, physicians and citizens.

Unique Funding:

We need funding and have applied for a few grants but have not received.

Evaluation:

Service Provision annually

Evidence-Based or Best Practice based on

Looking at different programs across the county we have observed that when an entire community get involved in nutrition and physical activity change is more likely to occur.

Products Developed or Materials Used:

None yet

Intervention Description:

We have divided into two groups. One will work with schools and the other will work with neighborhood/community settings. We will come together often so that we have common goals.

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Intervention Name

Development of Master List of Presentations

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: All races, genders and ages
Total Population in Area Served: 40,000
Number of Participants: 2000
Implementation Status: Ongoing - Local RDs are available for presentations. A list of presentations are kept along with the number attended.

Partners:

Unique Funding:

We have no funding at present. We did have some nutrition and physical activity monies through the WIC Program but have none now.

Evaluation:

Service Provision annually

Evidence-Based or Best Practice based on

We feel that evidence is available that increased education will foster change.

Products Developed or Materials Used:

Intervention Description:

Collaboration of local RDs to make themselves available for nutrition presentations. A copy of topics is kept along with numbers attending the presentation.

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